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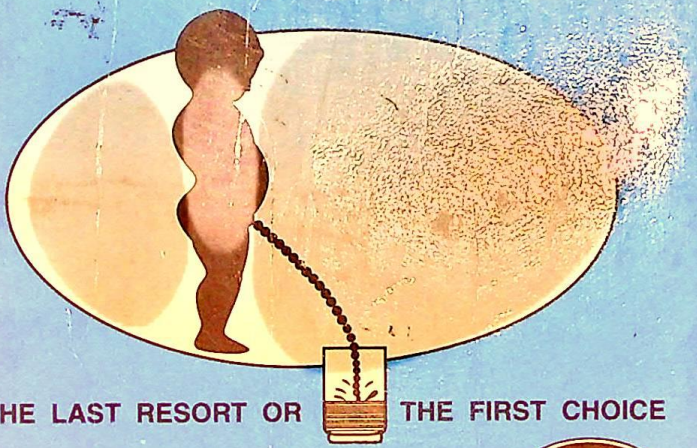
SHIVAMBU THERAPY

Which can bestow upon you a new life

Dr. G. K. Nallakkar



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Which can
bestow new life upon you

Dr. G.K. Thakkar

SHIVAMBU SAYS.....

"Yada Yada hi Swasthyasya Hanirbhavati Manav, Abhythanamcha Roganam Tadat-manam Srujamyaham" ["O helpless human being! Whenever there is total loss of health and monstrous growth of diseases, I manifest myself.....!"]

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"Abandon... all THERAPIES, and seek refuge in me alone....."

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SHIVAMBU GEETA

It may bestow a new life upon you

DEDICATION

To my beloved life partner Smt. Sheeladevi–had she not contracted various diseases not curable by the prevailing medical therapies, I would not have been drawn towards this Divine Therapy and without her continuous active support and cooperation, I would not have accomplished the task of spreading the awareness of Urine Therapy (SHIVAMBU) in India and throughout the world. Hence I dedicate his book to Her with love.

Dr. G. K. THAKKAR

Open International University for Complementary Medicines of Sri Lanka has honoured Shri. G. K. Thakkar for his research in Urine Therapy by awarding him a doctorate.

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1. FOREWORD

I feel greatly pleased and honoured to write a foreword to this book of Dr. G. K. Thakkar. The importance of Urine Therapy dates back to five thousands year, when Lord Shankar had narrated the benefits of it to his wife Parvati in 107 Shlokas in Damar Tantra wherein he had termed Urine as Shivambu. Shiv means pious, beneficial, holy and Ambu means water. Therefore Shivambu means 'Holy Water'. Reference to U.T. is also found in almost all the volumes of Ayurveda. In the period from 1977 to '79 when the late Mr. Morarji Desai was P.M. this subject was discussed very widely. In fact he had accorded world recognition, glory and dignity to this seemingly nauseating therapy by boldly declaring before the world audience, that he drank a glassful of his own urine on a regular basis.

I am an allopath, Urologist, attached to J.J. Group of hospitals as an honorary surgeon for the last 26 years and examiner of M.B.B.S. and M.S. Students of Mumbai University. At the same time I am a follower and propagator of U.T. for the last 20 years during which I have recommended U.T. to more than 3000 patients suffering from different incurable diseases. It is a thrilling story as to how I got involved in U.T. In the year 1975 a youngboy suffering from Cancer (Hodgkin's Disease) came to me for consultation. Before coming to me he had been treated at the well-known Tata Memorial Cancer Hospital where he was operated

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upon and part of the tumor in neck was removed. He was very much frightened as the doctors of Tata hospital had opined that he would hardly live for next $1\frac{1}{2}$ year. When he came to me I was reading Manav Mootra written by Ravjibhai Patel. I was very much impressed by it, so I hesitatingly advised him to follow U.T. which he readily agreed to do. To my utter amazement malignant glands in his neck disappeared in a few months. Today, after 21 years he is in excellent health. He got married and has children. This was my first case of Shivambu cure. Because of it I got involved in U.T. movement.

Dr. G. K. Thakkar has been in the field of U.T. propagation only for 10 years but anybody would be impressed to see the enthusiasm, dedication and fervour with which he had started the Shivambu crusade not only all over India but throughout the world. I had great desire to meet this man of mission, (Shivambu Rishi) because on reading his articles in different newspapers I had started my Shivambu propagation more enthusiastically. In the last 4 years I have given more than 100 lectures on U.T. at Lions Club, Rotary Club, Senior Citizens' Associations and Indian Medical Council, etc. I was introduced to Dr. Thakkar through a doctor friend of mine two years ago on the auspicious day of Narali Poornima, and we became close friends.

After I met Dr. Thakkar, a new chapter has started in my life. He involved me as a trustee of Water of Life Foundation (India) and now I am appointed Vice-

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Chairman of the Foundation. We have delivered numerous lectures throughout Mumbai and outside for U.T. propagation.

In spite of being an Urologist and a surgeon I have been fully convinced that this free yet effective therapy can prove to be a boon for our poor country. Otherwise also, as per statistics, hardly 19% of our total population gets the medical facilities. I feel from the bottom of my heart that members of medical fraternity should adopt an open-minded approach and give this system a fair trial at least on incurable diseases like cancer, kidney failure, psoriaris, arthritis, AIDS, etc. and experience the thrill of fabulous potentiality of U.T. In the same spirit I request of Govt. of India to appoint a high-level committee of medical scientists and physicians to verify the claims of Urine Therapists and spread its awareness in the interests of ailing humanity before it is too late.

Dr. Thakkar is a very hard working, enthusiastic and devoted person with a missionary zeal. He has dedicated his life to the service of the ailing humanity through Shivambu propagation. He has gathered vast practical experience of U.T. by guiding thousands of patients suffering from a variety of diseases. Hence I consider him as my Shivambu Guru. I am sure this inspiring and informative book will go a long way in educating the masses of our poor country in particular and of the whole world at large in adopting this free yet efficacious therapy and open a new era in the treatment of deadly diseases which have engulfed the

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whole humanity, and thereby rescue it from the vicious circle of costly treatments and harmful dangerous medicines.

I congratulate Dr. Thakkar for so laboriously and painstakingly writing this inspiring and useful book. I am sure his 'Labour of Love' will not only prove beneficial to patients, practitioners and admirers of U.T. but also will leave its mark on the sands of time.

Dr. B. V. Khare M.S. MNAMS, (Urologist)
Dadar, Mumbai, Phone : 414 5774

IMPORTANT ANNOUNCEMENT

During the First World Conference of A.U.T. (Shivambu Kalp) held at Goa in Feb. 96, the proposal of the German Delegates that Second World Conference should be held in Germany during 1998 under the banner of Water of Life Foundation (India) and the president of All India Executive Committee for the First World Conference Dr. G. K. Thakkar should continue as President till the Second World Conference in Germany was unanimously accepted. All are welcome to Germany.

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Ph : 91-22-422 9259 Fax : 91-22-436 3722

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2. PREFACE

Had our Shivambu Rishi (sage), the great devotee, propagator and supporter of Shivambu movement, the former Prime Minister of India Late Morarji Desai not boldly and emphatically declared before the world, that he drank his own urine regularly and that was the secret of his longevity and exuberant health, the most valuable and beneficial information that is being given to you through this booklet, which can prove to be a boon for our poor country and which is capable of curing a host of diseases ranging from common cold to cancer and Arthritis to AIDS would have remained hidden in some unknown quarters and the entire mankind would have been deprived of the beneficial, divine and panacea-like qualities of Shivambu. Really speaking, Morarjibhai by his frank and honest declaration has accorded world recognition, glory and greatness to this free yet priceless therapy, otherwise considered to be nauseating. The whole world shall ever remain indebted to him for rendering this great humanitarian service.

During one occasional meet he had said, "Some most fortunate persons only get the knowledge of this divine, precious Therapy and start drinking Shivambu". Having thirty years of Shivambu experience, he states further, "Often two categories of persons turn towards Shivambu. The first category comprises those unfortunate patients who have been declared hopeless cases by the physicians, whereas

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the second category consists of revolutionaries like you and me." I do not find slightest exaggeration in those statements. Nowadays when mankind is facing danger from serious incurable diseases such as cancer, kidney failure, diabetes, heart disease and dreadful AIDS, and the cost of treatment is becoming exhorbitantly expensive, the significance and importance of urine therapy as a free, easy and simple panacea-like therapy without dangerous side-effects have been increasingly recognised. How paradoxical it is that although our creator has blessed us with the heavenly gift of priceless panacea in the form of Urine for the maintenance of our health and well-being, by our ill-luck and perverted intellect we fall into vicious circle of inhumanly commercialized, modern, expensive and harmful treatments, lose everything and face premature painful death, remaining ignorant of this precious divine gift till our end! But today our bad luck is going to be changed into good luck. By reading a few pages of this booklet you will be amazed and would express your deep gratitude to the Almighty for placing this small book-let in your hands.

During April 1989, The World Congress of Complementary Medicines was held at Athens (Greece) and I had received an invitation from the organisers to present a research paper on my pet subject "Urine Therapy". Around 600 delegates from 100 countries had participated in this conference and I had presented my research paper in the form of a booklet, titled "Wonders of Uropathy." It impressed the dele-

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gates so much that the duration of 15 minutes initially allotted to me for presentation of my paper was extended to 45 minutes by the forceful demand of the delegates and even then they were not fully satisfied. This is nothing but a miracle of Shivambu. Thereafter by attending numerous international conferences held in India and different countries I have been able to reach the precious information of U.T. to more than 100 countries of the world through my book "Wonders of Uropathy" which has created a great sensation and awareness and has created renewed interest everywhere. It has been translated into Hindi, Marathi and Gujarati languages and has gone into several editions within a short period. In Romania, my book is translated into the Romanian language and distributed freely to their citizens. In the U.S.A. xerox copies of my book are sold for 4 dollars each by Transformational Research of Connecticut.

I have devoted ten years serving the suffering mankind through the propagation of Urine Therapy. In the form of this booklet I have made an humble effort to make available maximum useful information to the readers in brief, rather than writing a big book of 200-300 pages. A difficult task indeed! Nonetheless being inspired by the irresistible desire to serve the ailing humanity, I have decided to publish Shivambu Geeta. Now the decision to derive maximum advantage through its application lies in your hands. I am not a scholar. I am just an ordinary servant of the suffering mankind. It is my innermost desire that

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more and more people should be benefited from my deep knowledge of Shivambu. With this missionary zeal I have engaged myself day and night wholeheartedly in the selfless work of Shivambu propagation after totally closing my lucrative practice of Tax Consultancy.

No doubt I feel I happy that news and articles about my mission and Shivambu Therapy are being published all over the world but I feel more proud and overjoyed that the Almighty has provided me with the golden opportunity to serve the humanity suffering from various incurable diseases. Recently in the month of March '95, Ms. Kamayni, the representative of U.N.I. having the clientele of more than five thousand newspapers interviewed me as a result of which the news of the miraculous efficacy of U.T. has spread to all those newspapers throughout the length and breadth of India as well as to several other countries. The end result of this strange link came in the form of a trunk call from B.B.C. Radio London to record my interview on phone itself. Though I have been reported in numerous newspapers during those years, the impact on the minds of the people made by my article published in The Daily Punjab Kesri on 14-2-1993 is unique. We received more than a thousand letters from its readers from Punjab, Haryana, Himachal Pradesh, Jammu Kashmir, Uttar Pradesh, M.P., Rajasthan, Bihar, etc. and even from the U.S.A. and U.K. seeking further details about Shivambu treatment. The flow of such letters still continues

unabated and on behalf of our Foundations replies are being sent to the concerned individuals. The propagation of Shivambu therapy has also reached South Africa as a result of an article that was published in the leading newspaper "Leader" over there and in response I have received many letters and phone calls from South Africa and many people there have been immensely benefited by getting detailed knowledge about this therapy. I have introduced those Shivambu lovers to one-another, thereby a small group has been formed over there and they are planning to invite me to a lecture tour by the end of this year.

I am highly gratified when I receive very encouraging letters and testimonials from Shivambu devotees from all over the world who have been cured by this therapy. I feel amply rewarded that my guidance through lectures, articles and talks on radio and TV have helped them immensely.

My Guru of Shivambu Therapy late Mr. Kisonlal Tejpal used to demonstarate the drinking of urine of the patients who visited him for advice in order to remove their nausea of urine. But I consider it a miracle that nausea and repulsion of the persons who have heard my lecture and even of those who read my book, disappears instantly and they start drinking their own urine. In this context, I describe here an interesting episode which occurred a few years ago. A jogging competition was orgnised by A.T.V. Projects Ltd. at Bandra Joggers' Park which was inaugurated by Cine Star Parikshit Sahani. I also participated in it

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and won the best Jogger's Trophy. As per my usual habit I met Parikshit Sahani and gave him a small talk explaining the great medicinal qualities of our own urine and its miraculous benefits. He was so much influenced by my talk, that he declared instantly "Dr. Thakkar Saheb I am going to start drinking my urine from today only."

By coming in my contact or on reading my book several highly qualified doctors, professionals and social workers have been attracted towards U.T. and have joined hands with me in spreading the Shivambu Mission. A few names are worth mentioning here. Dr. Jagdip T. Shah M.D., D.C.O., M.C.P.S., Dr. B.G. Shinde M.S., D.O.R.L., Dr. B.V. Khare M.S. (Urologist) who are fully convinced about the efficacy of A.U.T. have now accepted the trusteeship of our Foundation. I am proud to say that they have offered their selfless services wholeheartedly in the propagation of Shivambu. Very recently I was introduced to Dr. B. V. Khare a renowned Urologist, Surgeon of Mumbai who is attached to the J. J. Group of Hospitals as a visiting professor of surgery. During the course of conversation, Dr. Khare disclosed a secret that he himself has been drinking Shivambu for the last 20 years and has also successfully guided more than 3000 patients for U.T. You will be pleased to know that such a great Shivambu devotee has been made a trustee and Vice-Chairman of our foundation. While accepting trusteeship with pleasure, he at once issued a cheque of Rs. 6000/– as his donation to our

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foundation. It is fortunate for mankind that such eminent humanitarian doctors are joining this mission. You will be surprised to learn that the retired Chief of the Indian Navy Admiral L. Ramdas and his wife Ms. Lalita Ramdas after reading my book have not only been attracted by U.T. but have started drinking Shivambu and have been immensely benefited by its use. And after meeting me they have become its propagators and our patrons too. Through them a few Vice-Admirals, Brigadiers, Colonels and Majors have come into the fold of Shivambu and have become its propagators after meeting me. I am really overjoyed because through these high-ranking personnel of the Navy and the Army the precious knowledge of Shivambu shall certainly reach all the ranks of the defence forces, whereby their health and valour will improve considerably.

You will be happy and surprised to know that the renowned Bhagwat exponent Pujya Indira Betiji of Vaishnava Sampradaya has been practising U.T. after meeting me in March 1989 and she has been immensely benefited in her diabetes and B.P. Her followers of Vaishnav sect have changed their orthodox attitude towards Shivambu and many staunch orthodox people have been benefited by adopting U.T. I had the privilege of meeting one of the great saints of Gujarat, Pujya Lal Bapu. in his Ashram at Surat. After the formal introduction he blessed me for my humanitarian service and diclosed that after reading my book and after getting the consent of Morari

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Bapu (the great Ramayan exponent), he himself had started U.T. which has benefited him considerably. Hearing this, my joy knew no bounds particularly because the significance of Shivambu had reached Pujya Morari Bapu and it is just possible that in future we may get his active support and cooperation in our Shivambu campaign!

Often I recite Urdu couplets (Shers) while describing the glory of Shivambu during my public and T.V. talks and on hearing them the audience in captivated giving loud applause. I deem it proper to reproduce those SHERs for my readers here below :

(1) जिन्दगी खुबसूरत है हमें जीना नहीं आया
नशा हर चीज में है हमें पीना नहीं आया

(2) हकीकत है दुनिया में उसे जीना आ गया
शिवाम्बु खुद जिसे पीना आ गया

(3) जाम पे जाम क्या पीते हो ?
रात को पीओ सुबह उतर जाएगी
शिवाम्बु का एक जाम पीकर तो देखो
जिन्दगी सारी नशे में गुजर जाएगी

(4) रात कितनी ढल चुकी सितारों से पूछो
लहरें कितनी उठीं किनारों से पूछो
शिवाम्बु में क्या मस्ती भरी है
(नफरत करने वाले क्या जाने ?)
किसी पीनेवाले से पूछो

(5) मैं मशरूबे आबे हयातं पीता हूँ
मैं उसे सुबह शाम पीता हूँ
क्या आप समझे मैं शराब पीता हूँ ?
जी नहीं मैं अपना पेशआब पीता हूँ

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During my talks and Press Conferences I always forcefully emphasize one thing that leaving aside my claim for a while that almost all the diseases on our planet can be easily cured by U.T. even if we can spread the following small bits of tremendously useful information for the benefit of the suffering humanity, we will be doing it a great service and thereby bring about a great health revolution in the world. Those are :

1. The severest toothache can be relieved positively by filling one's mouth with urine and rinsing for 10-15 minutes. By repeating the process 3-4 times a day over a week, loose teeth again become firm and strong enough to serve for the rest of life. Even incurable pyorrhoea and gingivitis are cured, and infected, decayed gums become healthy in a few days by the same process. We have achieved almost 100% success in this field.
2. Viral acute conjunctivitis and many other eye diseases can be cured in a day or two by just putting a few urine drops in the eyes 3-4 times. Even chronic herpatic conjunctivitis which is supposed to be incurable with the latest treatments in the advanced countries, is cured in a few days by just putting urine drops in the eyes.
3. Severe ear pain vanishes in minutes and many ear diseases are cured within a few days by putting a few urine drops in the ear.
4. Most dreaded, painful and contagious disease HERPES and other fungal infections are cured by

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simply applying Urine Packs. (folded cloth soaked in Urine).

5. Most incapacitating and painful affliction arthritis for which there is no known cure with modern science, is easily cured by this therapy.

I am in contact, personally or through pen friendship with almost all the U.T. practitioners, propagators, authors not only of India but of the whole world. Here I can't help relating an interesting incident. During Jan '91, I was invited to present a research paper in a conference of Alternate Therapies held at the Park Sheraton Hotel, Madras. As many as 450 delegates from various countries were present at that conference including Dr. John Wynhausen of U.S.A. who was not introduced to me. After a few days I received his letter from the U.S.A. which read : "Though I couldn't meet you at the conference in Chennai, on hearing your powerful, inspiring presentation of your paper "Wonders of Uropathy" I have commenced drinking my urine and had been benefited in the stomach disorders that had developed in Chennai." Within a record period of $1\frac{1}{2}$ years this American doctor was fully transformed into an expert Urine Therapist and has become a propagator of U.T. He came to India with his wife Judy and son Aaron for participating in the First All India Shivambu conference organised at Goa in Feb. '93. His wife having been attracted towards U.T. recited a self-composed poem in praise of Shivambu and now she is busy writing one Act play on Shivambu. Dr. Wynhausen

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came to India again in Feb. '96 to attend The First World Conference organised by our Foundation. He also published a newsletter titled "Jai Shivambu!"

Apart from the physical benefits there are other beneficial side effects of U.T. I have come across more than 100 practical instances of people using U.T. turning into authors, poets and/or orators, etc. In an ancient Jain scripture. **Vyawahar Sutra** written by Acharya Bhadrabahu describing the divine benefits of Shivambu has categorically stated that whosoever follows Shivambu sadhana as per prescribed procedure shall acquire Siddhis (achievements) and Godly qualities and apart from getting rid of all bodily ailments his body shall acquire the lustre of gold.

Friends, as a result of practising U.T. you will realize that you are not going to fall prey to any dreadful disease, you will develop the self-confidence that all the time you are in possession of your own instant medicine (Panacea) and thus you have not to go in search of any doctor, nor struggle here and there for any medicine. The very feeling that Divine Panacea is with you shall fill your life with immense happiness and overflowing joy and your self-confidence will soar tremendously. This is not the domain of imagination but of self-realization.

The popularity of Shivambu Therapy is increasing day by day and people are eager to know more about it. Our Foundation had organised a half-day seminar on Shivambu at Birla Kreeda Kendra, Chowpatty on 25th Septmeber '94. 625 seating capacity hall was

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fully packed. In this seminar we could also learn about voluntary donations to the extent of Rs. 10,000/– on that day and flow of donations is still on. Service to the downtrodden is service to God. Therefore, we firmly believe that our divine campaign shall continue uninterrupted without any hindrance despite financial constraints.

During my recent Shivambu propagation tour of Rajasthan and Agra I had some unforgettable experience which I would like to share with my readers. In Aug. '96 I visited Jaipur, Jodhpur, Pali, Sojat Road, Sojat city, Chandawal, Beawar, Ajmer and Pushkar, where my lectures were arranged in schools, colleges and hospitals before huge gatherings of students, nurses and doctors. I addressed press conferences in Jodhpur, Agra and Ajmer and numerous newspapers gave a very good coverage to the efficacy of U.T. on deadly and incurable diseases.

At Ajmer, Sister Ignatia, The Secretary General of the Missionary Sisters House, which runs Sophia Schools, Sophia Colleges all over India and St. Francis Hospital at Ajmer arranged my lectures on U.T. which were attended by hundreds of students, teachers, nurses and doctors. They came to know about the efficacy of U.T. for the first time. Sister Ignatia was attracted to U.T. few months ago on hearing a talk by Prof. S. B. Sharma and after reading my book and was immensely benefited by its practice. Within a span of few months, she has become a powerful propagator of U.T.

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I am overjoyed by this episode as I have become confident that looking to Sister Ignatia's dedication and enthusiasm, the most precious knowledge of U.T. would certainly reach other missionaries not only of India but of several other countries; and thereby millions of suffering people around the world will be benefited by it.

At the public meeting in Agra during my lecture held on 4-8-'96, Swami Krishnanand of Haridwar (Aged 85) surprised the audience by telling them that he himself has been drinking Shivambu for the last 60 years. For the first time he disclosed the secret of his excellent health to the audience and inspired them to follow U.T. for keeping good health. He had come to know about the fabulous efficacy of Shivambu from a Yogi residing in a Himalayan Cave, sixty years ago.

Another interesting incident happened in Agra. My lecture was arranged during Nirankari Satsang Sabha on Sunday Dt. 4-8-'96 at Agra before a gathering of 2000 devotees. The devotees got so much interested in Shivambu talk that the talk which was to be of half an hour's duration, went on for three hours.

Friends, do not read this book only once, but read it again and again and do ponder over what I have said and you would certainly realize the truth that U.T. is the best amongst other health techniques already known to you. As you will go on reading it you will be receiving more and more inspiration and self-confidence.

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down as inspired to get the Hindi Shivambu Geeta translated into Gujarati and English by my friend K. R. Raghwani of Nairobi, who has invited me to visit Kenya for U.T. propagation.

You will be surprised to know that among all African countries, the maximum number of followers of U.T. are in Tanzania.

Here I would like to appeal to the readers that this year instead of sending costly new year greating cards you may send a copy of Shivambu to your friends and relatives. Thereby you will help in bringing about a great health revolution, and get the blessings of those who would be benefited from the information given in this book.

Time has now come to change our usual belief that health resides in prosperity. America, the most prosperous and richest country in the world, has the maximum number of patients. American people consume sleeping pills weighing more than 500 tons every year, besides consuming digestives and laxatives weighing almost 2000 tons. I have shown you the path of Shivambu. Now it is up to you to tread upon it. I would like to quote an appropriate couplet (SHER) in this respect.

अक्ल के भूले हुओं को राह दिखलाते हुए।
जिंदगी अपनी कटी दीवाना कहलाते हुए।

Come! Let us all join in this service-oriented crusade by contributing physically, mentally and financially.

On the occasion of the publication of Shivambu Geeta I deem it necessary to express my heartiest

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gratitude to three persons. Firstly, my bosom friend Mr. R. K. Sharma who has agreed to become a trustee of our Foundation. Mr. Sharma has taken much pains for the compilation of Hindi and English Shivambu Geeta.

Yet another person worthy of all praise is Shri Nitin Prabhu an active member of ISKCON, with a spirit of dedication even at this young age. He owns a press where he has willingly published almost all my books and other literature, with the minimum profit motive, within a short time. Moreover, he has become a Shivambu Sadhak and propagator too. He is so much fascinated by Shivambu, that from his busy schedule, he spared a week's time to attend the First World Conference of U.T. organised by us at Goa.

Mumbai
Dt. 1-3-1997

Dr. G. K. Thakkar (Chairman)
Water of Life Foundation (India)
55/1409 Adarsh Nagar, Worli,
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Phone : (91-22)-422 9259
(9 to 11 A.M. & 8 to 10 P.M.)
Fax : (91-22) 436 3722

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3. WATER OF LIFE FOUNDATION (INDIA)

Friends, I feel proud in giving the background of Water of Life Foundation (India). I founded it in December 1989, with the inspiration and blessings of my mentor, late Morarji Desai, who has glorified U.T., otherwise considered dirty and accorded it International fame. The main objective of this organization is to spread awareness and the valuable information about the great utility of U.T. in the whole world, for the purpose fo bringing relief to the suffering mankind. Amongst the trustees of this Foundation there are firm devotees and dedicated propagators including several highly qualified humanitarian doctors who, with a missionary zeal and selfless dedication, have involved themselves wholeheartedly in the humanitarian task of spreading the awareness and information about this free, effective, simple system of treatment to the masses. We hold seminars, talks, workshops in schools, colleges, clubs, factories, give talks and interviews on Radio and TV, publish books, periodicals, literature and conduct consulting centres.

We have, at present, one such free consulting centre where more than 5000 patients have so far sought free advice for their incurable diseases. While another 5000 of them are advised by post and phone calls. I am proud to inform that the branches of our Foundation are established in Goa, Bangalore, Ajmer, Jaipur, Jodhpur, Agra, Delhi, Chennai (Madras), Nagpur, Chhindwara

and Pondichery. Negotiations are in progress to open branches in Tanzania and South Africa. If you are interested in serving the ailing humanity by establishing a branch of this foundation in your state or country, you may contact us for more details. I am glad to inform you that our Foundation has been registered as a Charitable Trust and has been granted exemption u/s. 80G of the Income Tax Act. Generous donations to the Foundation for the noble humanitarian cause will be highly appreciated. Application form of membership is attached in the book.

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4. THE FIRST WORLD CONFERENCE ON URINE THERAPY

I feel proud to inform my readers that my cherished dream was fulfilled when our foundation successfully organised the First World Conference on Urine Therapy (SHIVAMBU) at Goa in India in the last week of Feb. '96. It was the first of its kind ever held in any part of the world. We had worked hard for more than two years for its preparations. We could achieve the gigantic task of organising the world conference because of my contacts with urine therapists, propagators and authors not only from India but from the whole world and of course with the cooperation of my dedicated colleagues. Especially without the unflinching cooperation of my collegue and one of the most active trustees of our Foundation Mr. D. S. P. Tirodkar, this conference would not have seen the

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light of the day. Around six hundred delegates from eighteen countries viz. Austria, Australia, China, Dubai, France, Germany, India, Iran, Israel, The Netherlands, Pakistan, Italy, Japan, Africa, Srilanka, Switzerland and U.S.A. participated in this conference. It included several highly qualified physicians, and surgeons who had presented and read their research papers on U.T. in this unique conference. Around 60 delegates were from out of India out of which 20 were from Germany, six each from Japan, The Netherlands and China, and rest were from remaining different countries. You will be amazed to know that after India, the maximum number of books on U.T. have been published in Germany and the book written by my friend Ms. Carmen Thomas "Your special drink Urine" has gone into the best seller's list, with the fantastic sale of seven lakh fifty thousand copies. Dr. Johanne Abele who has written a book on U.T. declared that out of the total population of 85 million of his country, five million were followers of U.T. While a senior delegate from Japan, aged 80 years, Dr. R. Nakao, who is a president of the institute MCL (Miracle Cup of Liquid) who has done extensive research on U.T. during the last 20 years, said in Japan people are using U.T. since ancient times and two million of his countrymen are using Shivambu.

The proposal of German delegates that the next World Conference of U.T. should be held in Germany in the year 1998 was unanimously accepted by the trustees of Water of Life Foundation (India).

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Another striking feature of the conference was that Jagadacharya Swami Akhileshji of Aara (Bihar) and Swami Chidambaranada of Uttarkashi (Himalayas) who are followers of Shivambu for more than 20 years, and who had become U.T. propagators after meeting me, had on my request travelled all the way to Goa to attend the conference and narrated the great efficacy of U.T. and its spiritual benefits. This historical event has created a great global awareness about this neglected therapy as the day-to-day proceedings of the conference were reported by several prominent news agencies like Reuters, UNI, PTI, B.B.C. World News Service, etc. As a result, thousands of newspapers around the world gave a prominent coverage to the news of this unique conference and the efficacy of U.T. on several deadly diseases like cancer, AIDS and what not.

The direct impact of this unique historical conference was another historical event. On 31st March '96, The National Channel of Doordarshan telecast my interview along with that of Dr. B. V. Khare and Admiral Ramdas in their most popular episode "Surabhi" which helped us to spread the awareness of Shivambu to the milions of our countrymen and we have started receiving hundreds of inquiries for further guidance of U.T. from all over India, Nepal and Bhutan. I consider this a great achievement, since in the history of Doordarshan, Shivambu or U.T. was discussed for the first time on the National TV Network.

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The whole world has been surprised by the bold and sensational declaration with proofs that besides curing cancer, arthritis, heart diseases, diabetes, asthama and several other incurable diseases, U.T. can as well fight against the most dreaded disease of the present century called AIDS. There could not be a better and happier news for mankind.

The necessity for Shivambu Treatment was never felt so much in any period of human history as in the present times because of AIDS. It has frightened the entire human race to such an extent that nobody is prepared to keep an AIDS patient in any hospital and no one is willing to look after such a patient because this disease is regarded as highly contagious. This disease is posing a great threat to mankind. (Shivambu lovers have least to worry about it) Modern scientists do not have any sure and successful remedy for it nor is there any possibility of finding out any treatment for it in the near future because despite extensive research being carried on for the last 75 years no effective remedy has so far been found out even for cancer and AIDS is many times worse than cancer.

But in the midst of such a gloomy atmosphere full of utter disappointment there is a ray of hope for the AIDS patients. This dreaded disease can be cured by U.T. During the course of Shivambu propagation movement when I had visited the U.S.A. in 1989 I had met several AIDS patients who had been immensely benefited from Shivambu Treatment. Recently, I received a few letters wherein I am informed that

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several AIDS patients are benefited immensely by U.T.

The simple scientific principle working behind the efficacy of U.T. in curing this dreaded disease is that because of the presence of antibodies in our urine, its drinking builds up the immunity of the patient which is the basic and urgent need of the AIDS patient. I fail to understand as to how the brilliant scientists can't understand this simple phenomenon.

President of Life Science Institute of the U.S.A. Dr. John F. O'Quinn, my friend as well as a great Urine Therapist, and author of the wonderful book 'Urine Therapy' ('Self Healing Through Intrinsic Medicine') writes "I predict Urine Therapy will be the only cure for horrible AIDS." He further says, "I think I will die of sorrow if I see another Ethiopian child die due to ignorance of this supressed fountain of sustenance (Urine Therapy) for the sick and starving poor. Urine Therapy will be of incalculable assistance to those dying people perhaps more than all the food being shipped there". What a fantastic conviction of a devoted Urine Therapist! Dr. John is a leading Urine Therapist of the U.S.A.

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5. MISCONCEPTION OF MASSES

Scientists declare that God has created seven lakh types of living beings. All of them are self-reliant. (In our scriptures it is refered as 84 lakh Yonies). But has God created the highest and best creation man (human beings) as dependent and helpless? Man has become miserable, dependent and helpless only by reason of his perverted intellect.

Man of today has the misconception that his health and treatment of various diseases can be bought through money only. Had this been true then all the wealthy human beings would have remained healthy and free from disease. But as we can see it is not at all so. Never in the past had science progressed so much as in these days. Take the case of pharmaceutical research based on science. How many new products are coming out every day? New hospitals equipped with ultramodern, latest and exhorbitantly costly equipments are opening in different cities. But even then, the number of diseases as well as patients are ever increasing. We have not seriously given our thought to this stark reality. Today mankind has to face innumerable incurable diseases and man is feeling utterly helpess and dejected. Even scientists, despite their endeavour and continued reserch, have not been able to discover a permanent cure for several diseases. Leave alone the case of killer and dreadful diseases like cancer, arthritis, AIDS. No successful treatment has yet been found even for

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ordinary common cold. However, medicines worth crores of dollars are being sold throughout the world for common cold. Shivambu can cure it in a day or two if not in a few hours. There is not a single medicine of modern science without any reaction or side effect. Some scientists in advanced countries are now openly discussing that AIDS is the creation of the modern science. It is, they say, the by-product of the reckless and indiscriminate use of antibiotics, chemotherapy and other harmful drugs used for combating cancer and other related diseases.

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6. MY PERSONAL EXPERIMENTS, EXPERIENCES AND RESEARCH

Before giving you the significant information about U.T., I consider it necessary to tell you how I became the devotee and crusader of Shivambu Sadhana.

About eleven years ago, to be more precise on 15th Aug. 1985, I was introduced to U.T. and thrilled by its miracles.

I had been suffering from amoebic dysentery for the last twenty years and doctors, Vaidyas, and Hakims having declared this incurable, advised me to live with it, receiving treatment continuously along with regimentation of diet, etc. There was no permanent cure for this disease. In addition, I was having

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eczema on my hand and foot for the last forty years for which I had consulted all the leading skin specialists of Mumbai, but to no purpose.

Both the diseases were totally rooted out just in a few months by Shivambu treatment. Not only that. As a result of beneficial side-effects, unknowingly I got rid of several minor afflictions like stomatitis (mouth ulcers), cracked feet and lips, falling hair, dandruff, etc. Today I am having vigour, stamina and energy which I didn't have a quarter century ago. My wife says "I was never so young, full of vigour, active and energetic even in my real young days!"

The biggest miracle or beneficial side-effect that has occurred in my case is that Urine Therapy has made me an effective, bold and successful orator. Yes, I had never spoken from any platform before even a small audience, prior to trying Urine Therapy. Now I can speak in four languages for hours at a stretch on this subject and keep the audience spellbound. The secret of this phenomenon lies in the assurance given by Lord Shankar to his consort Parvati in Shloka 89 of "Damar Tantra" (five thousand years old scripture) that one who does this therapy for three years as per his strict instructions acquires "Wak Siddhi", that is becomes any effective orator. I am the living example of that assurance. This therapy has passed down to us from ancient civilization, sacred groups, Yogis and sages.

My wife was a regular patient for more than 20 years, suffering from numerous diseases viz. ear

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trouble (tinitus), vertigo, constipation, pain in the joints, cramps in legs and many more. I had tried for her all best available talents in allopathy, homoeopathy, ayurved and even unani but without any result. At last, we stumbled upon this wonderful therapy and she got rid of her almost all the ailments by it miraculously. She even got rid of a tumor in the uterus for which the surgeons had advised operation. Likewise both my sons were also greatly benefited by its use.

I have two sons. My younger son had been suffering from Hematuria (passing blood in the urine). Medical treatment continued for one year, but with no relief. In the end the doctors advised him to undergo an expensive and painful test "Intravenous Pylograph". Under this test several X-ray photos are taken after giving a few colour injections in the veins with a view to ascertain the defect in the kidneys. This specific disease of my son had thrown a challenge to me. Although I had full faith that through Shivambu treatment his disease could certainly be cured, the problem was how to convince my grown-up son who had also a nausea for U.T. Even then I told him to try it but he didn't pay heed to my advice.

One day my son approached me and posed me a question. "If I try U.T. and no benefit accrues, then? Encouraged by his question I instantly replied, "Son, you follow U.T. with faith for only one month and if you do not get relief I shall give up my Shivambu propagation mission for ever.

Accepting my challenge, my son began U.T. He started drinking $1\frac{1}{2}$ cups (200 to 250 ml) of Shivambu

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4 times a day. Exactly after one month we got his urine tested and the doctors on seeing the report declared him fully cured of the disease. Hearing this, my son danced with joy and hugging me exclaimed, "Papa, you are Great!"

My elder son who was frequently suffering from common cold and constipation was also relieved of it by drinking Shivambu through the nose. In one Shloka of Damar Tantra it is mentioned that by drinking Shivambu through the nose one can get rid of eighty kinds of diseases pertaining to Vaata, Pitta and Kafa (वात, पित्त, कफ). One's voice becomes melodious by drinking urine through the nose, and all nasal problems are solved.

7. HISTORY OF SHIVAMBU

Exactly five decades ago John Armstrong, an English author of a book titled "The Water of Life", did a great favour to the world, by writing this book and he can rightly be called the pioneer of Urine Therapy. His book became famous in England, India and several other countries. Late Shri Raojibhai Patel, a close associate of Mahatma Gandhi, came across it when he was suffering from asthma and had heart attack and he experimented U.T. on himself, his friends and relatives and obtained miraculous results. Inspired by those results, he wrote a wonderful book "Manav Mootra" (Human Urine) in Gujarati which has gone into more than 25 editions and has been

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subsequently translated into Hindi, English and Kannada languages.

Late Mr. Morarjibhai Desai had received the inspiration to drink Shivambu from "The Water of Life" which was presented to him by Shri Raojibhai.

A question must be arising in your mind as to from where Mr. Armstrong received the inspiration to drink Urine. There is a quotation in the Bible, "Drink water out of thy own cistern". He interpreted the quotation in a plain manner. You drink water from your own bladder (cistern) i.e. Urine. Armstrong was suffering from T.B. and at that time there was no effective remedy for it. When he was on his death bed this knowledge dawned upon him and he got totally cured by practising U.T.

On discovering this panacea he treated about forty thousand patients suffering from various incurable diseases and rejected by the physicians. On achieving incredible results, he authored the book "The Water of Life" thereby doing a great service to the suffering humanity.

So far we called Mr. Armstrong the pioneer of U.T. but subsequently we discovered that the reference to U. T. (Shivambu) is found in our several ancient scriptures like the Vedas, The Mahabharata, the Puranas and one dozen volumes of Ayurveda. Not only in Hindu scriptures but also in Jain, Buddhist, Sufi and Masonic writings too there are references to the beneficial effects of urine.

Often it has been seen that unless some foreigner awakens us up we continue lying in slumber. J.W.

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Armstrong has done the noble job of awakening us. Take the case of Yog Vidya. After its acceptances by the western countries, we realized the value of Yoga.

In one of the volumes of Ayurveda viz. Bhavprakasha Urine is termed as "Vishaghna" killer of all poisons and "Rasayana" which can rejuvenate even old persons and "Raktapamaharam" which purifies blood and cures all skin diseases. Reference to Urine Therapy is found in almost all the volumes of Ayurveda viz. Sushrut, Harit, Bhavprakash, Gajnighantu, Yogratnakar, Bhaishajratnavali, Rajnighantu, Vagbhatt, Dhanvantari Nighantu and many more. In "Shivambu Kalp Vidhi" which is part of "Damar Tantra" our oldest scripture, Lord Shankara has explained to Parvati In 107 verses (Shlokas) the procedure and rules to be followed while practising U.T. and its beneficial effects when taken with certain herbs.

In Tantrik Yoga culture, this practice is termed as 'Amroli'. Amroli comes from the root word Amar which means immortality, undying, imperishable. Amroli was therefore a technique designed to bring about immortality. Amar literally does not mean that one will live for ever, but means that one will enjoy a full span of healthy life and won't die a premature death which is very common these days. Amroli was originally a spiritual practice rather than a method of treatment. They termed it holy liquid i.e. "Shivambu" According to them urine is more nutritious than even milk. You are not only physically benefited by its

practice, but you also become spiritually advanced because it is an elixir... for body, mind and spirit. The all caring and merciful God has given us this precious gift (Urine) right from our birth but how miserable and unlucky we are that we are ignorant of it till we die a painful premature death at the hands of experimenting physicians and surgeons!

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In this polluted world, the only unpolluted thing is our own urine. In all the passenger vehicles there is an emergency exit. In the same way, the merciful, all loving and caring God has put one panacea in our body at the time of birth (Even before birth, as the foetus in the mother's womb floats and drinks Amniotic fluid which is 90% Urine.) about which we remained helplessly ignorant, but by God's grace the secret is being disclosed.

In the event of a deadly attack of a disease, Shivambu works as a life saving shield. The popular maxim "Half knowledge is more dangerous than ignorance" is falsified by Shivambu Therapy as even its little knowledge can prove to be tremendously beneficial.

Friends, it is a painful surprise that the thing though mentioned in the scriptures of different religions, all the volumes of Ayurveda, etc., remained hidden for centuries!

We are aware of several medicines whose utility goes on diminishing with the passage of time and sometimes it also happens that the so called life saving drugs turn out to be the killer drugs. But the

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noble effect of Shivambu is perennial because it is a devine panacea prepared in the devine laboratory.

It has been found that persons injured by house-collapse or on the battlefield or by some natural calamity recover fast by drinking their own urine.

One of the great mountaineers of Mount Everest Mr. Morris Wilson from England, has written that he made liberal use of his own urine to save his limbs from becoming benumbed due to excessive cold of the Himalayas and to save himself from frostbite, apart from maintaining his strength.

Colonel Mark Lyel of the British Army, a hero of the Second World War, while fighting fell down after receiving a head injury by a bullet, became unconscious near the Sahara Desert and got separated from his platoon. In the morning he found himself lying alone in the desert. A lot of blood had flown out from his wound on the head and he was in extreme pain. He felt thirsty but there was no water in the water bottle. Out of intuition and some knowledge of U.T. he urinated in the mug, drank a little and applied a little on the wound. Thus, he survived after being close to death. Next day the soldiers of his platoon went in search of the Colonel fearing that they would only find his dead body, but when they met him hale and hearty and smiling, they were wonderstruck. Col. Mark became a great crusader and propagator of U.T. and his articles are published in several magazines and newspapers of England and the U.S.A.

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8. SHIVAMBU AND SCIENCE

Physicians keep on saying that urine is a poisonous excreta of the body. This is far from the truth. Had it been true, late Morarji Desai who drank his own urine for more than thirty years regularly would not have lived a healthy life of about a hundred years to inspire the Shivambu devotees.

Take my own example. My wife and I have been using Shivambu for more than ten years. We have not only acquired better health, but have become more energetic and youthful. On 14th October 1996, I had stepped into 68th year of my life. Even at this age I have been wining first prizes in jogging and Dandia competitions, also in Bhajan singing and made for each other contests too. This is the miracle of Shivambu and I am singing its glory.

If we consider human urine from the allopathic point of view, it must be accepted that human urine has close relation to the theory of bacterial infection. The bacteria in urine proved to be effective in fighting many diseases. Thus, this theory can be evaluated vis-a-vis the allopathic bacteria theory. So it can be said that U.T. has the backing of Allopathy.

Very recently two doctors–Dr. Alexander N. Glazer and Dr. Stocker from University of California–have discovered that the yellowing dye (Billirubin) responsible for jaundice, present in urine and long dismissed as valueless bodily waste, appears to have a beneficial function that can lessen tissue damage in cancer,

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aging, inflammation and heart disease. "Instead of spending our time on developing means to get rid of this billirubin, we should spend time on finding out the possible beneficial roles of billirubin", Dr. Stocker said. The above news appeared in "Express" (U.S.A.) dated 1-3-87.

Urine analysis and reasearch carried out in the U.S.A. Japan, China and Switzerland show that human urine contains valuable and active constituents such as urea, sodium, potassium, calcium and other vitamins, enzymes and hormones, which are of vital importance in the maintenance of body and health. Urine also contains antibodies (Antidotes specific and essential) which give immunity against different kinds of virus, bacteria and diseases. Scientists have so far isolated and specified around 200 as against the estimated figure of more than 2000 elements and compounds in human urine.

Oncology News (Vol. 16, No. 4) which is a publication of Academy Professional Information Service notes in its July-Aug. 1990 issue that "a completely new type of anti-tumour agent, that is nontoxic and seems to make malignant cells revert to normal, is capturing the interest of cancer clinical investigators with high expectations. The agents known as antineoplastens discovered by Dr. Burzynski of U.S.A. are naturally occuring peptides and aminoacid derivatives. They were first isolated from human urine and are now undergoing trials in several parts of the world."

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Way back in 1977 the Economic Times reported and thereafter many other newspapers are still reporting that in advanced countries like Japan and the U.S.A. "Urokinase" (an injection that dissolves blood clots and costs as much as Rs. 9,000 in India) is prepared from the urine collected from public urinals. This is a clear indication that modern scientists are aware of the fact that urine is "not a waste product" but is a valuable, most sterile serum, which is a panacea for several major illnesses including aging. Urine is flesh, blood and vital tissues in living solution. Apart from urokinase several other injections like Profasi, Perganol, Antineoplastens, etc. are manufactured by different multinational companies in advanced countries and they are making huge profits of millions of dollars every year, while we are helplessly unaware of and ignorant about this precious gift of the nature given to us for our well being. What an irony of fate! Dr. Burzynski of the U.S.A., after carrying out research on human urine for 20 years, has developed an injection out of it that can reduce cancer tumours. He had named it Antineoplastens. One injection costs 8000 dollars and the full treatment two lakh dollars. Still there is no guarantee of sure cure.

Few months ago one revolutionary book was published in the U.S.A. in which mutual relations of Shivambu and Science have been discussed in detail. The name of the book is "Your Own Perfect Medicine" written by a lady named Martha Christie. By reading the very first sentence of this book, you will learn the

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secret of science and uropathy. She writes, "The incredible untold story of a proven natural miracle cure (U.T.) that medical science has never revealed. It's the astounding proven natural cure that medical science has ever discovered, and yet none of the incredible research findings on this incomparable natural medicine have been revealed to the public." In fact she has written two books : one costing 250 dollars and the other 25 dollars.

The American lady Martha Christie was suffering from various incurable diseases for 30 years before getting the knowledge of this therapy. She has given her history in the beginning of the book, which I have read several times, and each time I was thrilled on reading it. From the age of 12 right up to the age of 42 (30 years) she suffered from different incurable diseases and surgery was carried out six times on her body. She says she was a moving encyclopaedia of diseases. (Her major disease was **ENDOMETRIOSIS** for which there is no known cure.) She had become a burden upon her family members because in 30 years, lakhs of dollars were spent on her treatment. She also went to Japan and Mexico for treatment. She was totally fed up with her miserable life and very much wished that death should relieve her from the miseries. Thereafter she came to know about urine therapy from the book written by my friend in U.S.A. Margie Adelman. By practising U.T. she not only became free from all diseases but the beneficial side-effects of U.T. brought about a turning point in her life. She is acknowledged as a world famous writer. Such a masterpiece containing

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detailed information about the research done by the scientists of the world on human urine has never been written by anybody. You know from that book that many elements having the power of curing various diseases are present in Shivambu. But scientists by themselves will never make such a declaration because we all are living in this materialistic selfish world and the medical profession is no exception.

It is found that the benefits which occur by drinking urine in the original form can never be derived or achieved through injections or medicines prepared out of urine.

All leading scientists including medical professionals agree that the degenerative diseases like cancer, arthritis, heart diseases, renal failure, etc. are caused by the accumulation of toxins in the body. Various methods are suggested for removing these toxins. However, with years of experience and the testimony of thousands of patients, I can confidently say that there is no greater, harmless detoxifying agent in the world than our own urine. It not only purifies the system but also regenerates and builds up old worn out and even dead tissues. That is why it is very much effective in the aging process and cancer too.

Scientists have discovered that patients suffering from degenerative diseases mentioned above, suffer from lack of certain basic minerals and enzymes like copper, iodine and pancreatic enzymes, etc. You will be amazed to know that these very elements are

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passed out in adequate quantities in the urine in proportions that can be easily assimilated by the patient and help in the process of tissue building and fighting diseases. I fail to understand as to how the intelligent medical scientists are overlooking this simple yet most precious and useful phenomenon.

9. DISEASES CURED BY SHIVAMBU

My great benefactor and mentor late Mr. Morarji Desai, whom we used to call "Shivambu-Rishi" out of love and regard, used to say "If urine therapy is tried with faith, patience and observing strict regimentation in diet, before aggravating the disease by resorting to harmful treatments, then any disease can be rooted out by this therapy."

I hereby reproduce the statement of a famous doctor of England, Dr. T. Wilson Ph. D., M.D., "As the urine contents vary according to the pathological state of the patients, its use is indicated in all forms of diseases, except those caused by traumatism or those that are of mechanical nature."

Often we say that every rule has an exception. This applies to U.T. also because some patients may not be benefited fully due to disease reaching the last stage or treatment not done in a right manner or for any other reason, but one thing is certain that there won't be any adverse or harmful reactions which are found in other medical systems.

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Here, I mention a few diseases which were cured by Shivambu, and there are many examples. Different types of cancer, diabetes, arthritis, heart diseases, ulcers of various kinds, gangrene, leprosy, T.B., S.L.E. (Systemic Lupus Erythematosus), pemphigus, herpes, psoriasis, all diseases of eyes, ears, nose, throat, diseases related to teeth and gums, piles, fistula, diseases of women such as tumours of uterus, leucorrhoea, infections of womb, endometriosis, discomforts of pregnancy such as vomiting, giddiness, etc. can be cured by U.T. Even the couples having no possibility of having a child have conceived.

If I continue giving the list of diseases then the whole Shivambu Geeta will be occupied by the list only. Therefore, it is sufficient to state that there are numerous diseases but for each and every malady the panacea is one and the same, Shivambu.

In a poor country like India how much useful and beneficial urine therapy would be, can be judged from the under-mentioned episode.

I, along with my wife, had gone to Chitrakoot (M.P.) to offer our services in the eye-camp organised by Sadguru Seva Sangha Trust. There, one day on the road leading to Jankikund we saw a beggar, who looked a mere skeleton. Only bones were visible in his body. On enquiring we learnt that he was suffering from T.B. for some years. It was not possible for a beggar to get costly medicines and wholesome and nourishing food for recovering from T.B. We explained to him Shivambu treatment asking him to

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drink the whole day's Shivambu and to massage his body with it. He agreed to do so. After two days we passed from that road again when he jubilantly told us that his years old cough was half cured and six months' old stomach ache was cured fully. After one week he met my wife again during "Kamad Giri rounds" (Parikrama) and out of gratitude, respect touched her feet and declared that "I have become alright by drinking Shivambu. You can see I am completing the rounds of "Kamad Giri". What else can you call it, except a miracle of Urine Therapy?

10. INSTRUCTIONS ABOUT URINE THERAPY

In the two famous bulky books "Manav Mootra" written by late Raojibhai Patel and "The Water of Life" of J. W. Armstrong, there are names and addresses of hundreds of patients who have recovered from diffirent incurable diseases. Still after reading those books people come to me to get guidance to start U.T. for treating their diseases. Hence, the sole aim of writing this book and putting it in your hands, is to impart to you the maximum practical information about Shivambu, so that you may become self-reliant in respect of treating any kind of disease you suffer from. That is why even though I have got testimonials of hundreds of patients of India as well as those of several countries, with a view to make you self-reliant,

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I have given priority to the detailed instructions of U.T. treatment and its timely significance. By reading it you will not only get rid of your diseases, but also become a Urine Therapist and a propagator of it. Of course I do expect that after receiving the benefits of U.T. you will oblige me by informing me of your experiences through letters, so that other patients can get inspiration and information from your example.

For Shivambu devotees there is no other harmless panacea than Shivambu in the world. Hence, the first condition of Shivambu Treatment is that one should make a beginning of U.T. after giving up all medicines, non-vegetarian food and intoxicating things like bidi, cigarette, tobacco and liquor, etc. However, there are two exceptions. Patients suffering from heart trouble and diabetes cannot discontinue medicines abruptly. As such they may drink Shivambu along with their usual medicines and if they realize that Shivambu benefits them, then they can reduce the dose of medicines gradually in a phased manner and increase the dose of Shivambu. Thus, in a couple of months they can do away with medicines entirely.

Peculiarities of U.T. Treatment

1. It has been proved by experience that almost all the diseases are cured by U.T. provided it is tried systematically, without spoiling the case by harmful medicines and treatments.
2. This treatment is simple like household remedies and can be taken without any expenditure and without any danger or risk.

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3. There is no need of any pathological tests of blood, urine, stools, etc. in order to diagnose the disease. Most wonderful thing is that despite passing blood, pus, sugar or any other abnormality in our urine, the same urine cures our disease. You all know the popular maxim "Diamond cuts diamond" or "Poison kills poison." Hence there is no need of testing urine.
4. External application of urine upon any injury or wounds arising out of cuts or burns gives instant relief and the wounds get dried up and healed soon. Even the marks of the wounds would not remain on the body. Hidden injury due to sprain or swelling in any part of the body also gets cured by Shivambu.
5. U.T. Treatment is very effective in counteracting the venom of snakes, scorpions, poison due to mad-dog's bite or intoxicating influence of opium, brown sugar and other dangerous drugs. **It's the most harmless yet powerful detoxifying agent for drug addicts.** The drug addicts can't afford to remain ignorant about the most beneficial use of Shivambu for detoxifying their brain, body and the whole system by this simple yet most effective therapy.

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11. OBSTRUCTIONS IN SHIVAMBU TREATMENT AND HOW TO OVERCOME THEM

When practising U.T. two particular obstructions arise due to misunderstandings connected with urnine, but they can be removed easily with the right approach. First difficulty is the age-old conception prevailing in our society that urine is poisonous and dirty excreta of the body. But this is far from the truth, as proved by the scientists of different advanced countries, on the basis of successful research and experiments done upon human urine. This aspect is already discussed by me earlier. Second difficulty arises on account of foul smell and disagreeable taste, though it tastes much better than beer or wine. This difficulty also can be overcome by taking simple food, free from chilly and condiments and taking milk and fruits–which in turn will purify the colour, smell and taste of urine which will be just like that of water. In the beginning if you add equal amount of water while drinking it, you won't feel the disagreeable taste of it. If any person or child has too much repulsion about it, he can mix honey or syrup along with water in urine for a couple of days. Thereafter, he will get into the habit of drinking it without adding anything.

Some patients, in rare cases, by drinking urine or by massaging the body develop cough, cold, vomiting, loose motions, itching or boils on the skin as a

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reaction but there is nothing to be alarmed at because such a reaction indicates that impurities and toxins accumulated in the body are being thrown out. So, there is no need of taking any medicine to put an end to such reactions. For boils, rashes, or skin eruptions, you can put folded bandage cloth soaked in old or fresh urine on the affected parts.

12. CLASSIFICATION OF DISEASES IN TWO CATEGORIES FOR U.T. TREATMENT

As a best general tonic for keeping fit, healthy and energetic and also as a preventive against all infectious diseases, one glass (200 to 250 cc) of urine once or twice a day can be safely taken. Even if it is taken in an large quantity it is beneficial and not harmful. Children should be given 2 to 10 tablespoons of urine according to their age.

First category of diseases : General diseases like cough, cold, all kinds of fevers like malaria, typhoid, flu, viral fevers, indigestion, gas trouble, uneasiness, etc. :

(a) Enema of warm water and urine (one litre) in equal proportion, should be given to the patient (either fresh or even old urine can be used for enema). If the patient's urine is not available, other persons'

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urine can be used. Enema will cleanse the bowels and the patient will get instant relief from many symptoms.

(b) Observe complete Shivambu fast for 1 to 3 days during which period all the food and drinks should be stopped and all the quantity of urine passed should be drunk. During intervals, sufficient water (8 to 10 glasses) should be taken. By such method acute illness will be cured in 2-3 days. Fast should be broken with fruit juice, moong water. After 1 or 2 days, start taking normal light diet. After the fast also drinking of urine should be continued 3-4 times daily. Those patients who can't fast or even can't take enema should drink 200 to 250 ml of urine 3 to 4 times daily. They will benefit considerably from this.

Second category of diseases : For chronic diseases of all kinds, such as AIDS, cancer, T.B., asthma, arthritis, heart and kidney diseases, diabetes, paralysis, incurable skin diseases like psoriasis, eczema, pemphigus, skin cancer and herpes, etc. :

(i) First give an enema of warm water mixed with urine to the patient to cleanse the bowels. Enema should be given daily after the first motion. If the patient is too much constipated then enema should be given in the early morning without waiting for the first motion. Enema should be given daily during the first week, and thereafter 2 to 3 times in a week will be sufficient. Enema is the most innocent, harmless and non habit form-

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ing procedure to cleanse the bowels whereby old, hard layers of stools that might have got stuck to the walls of the intestines get flushed out. This ultimately helps in curing deadly diseases.

(ii) Complete fast should be observed for 3 to 30 days depending upon the severity of the disease, and condition of the patient. During the fast only water and urine should be taken. There won't be the slightest exaggeration in saying that for fighting all the deadly chronic diseases, Shivambu-fast is the only harmless weapon. During fast, the patient should drink sufficient quantity of water (8 to 10 glasses daily) and the entire quantity of urine passed during the day. Night urine should be preserved for massage. If the patient's urine is not sufficient, another person's urine can be used for massage and for enema. Here I would like to clarify that during the long period of fast, one doesn't feel much weakness as our urine contains large quantity of nutritional elements and vitamins. Hence, by drinking urine the strength of the patients remain intact to fight diseases. However, if any patient is very weak and is not in a position to fast, he can remain on liquid diet of fruit juices, soups, moong water, vegetable juice, coconut water, etc. and drink all the urine passed. During the long period of fast, Shivambu massage with old urine is absolutely necessary.

Even long-period fasts can be undertaken without an expert guidance as urine-fasts have always been

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found to be most harmless and safe. Because of the intake of urine our body gets complete nourishment from it and so there is no possibility of any complications. The only precaution to be taken is that after breaking the long-period fasts one should return to normal diet gradually. For the first few days liquid diet should be taken and thereafter semi-solid and then solid food and normal diet should be taken by the patient. After the fast the patient must continue drinking the whole day's urine for several months.

Diabetics, Heart patients and patients suffering from **acidity need not fast** but can remain on liquid light diet of fruit and vegetable juice and drink all the urine. They must do massage of old urine and take enema too.

13. METHOD OF MASSAGE WITH ONE'S OWN URINE

Like old wine, old urine is precious for massage and outward applications (Not for drinking). In order to get rid of chronic incurable diseases like cancer, asthma, leprosy, arthritis and incurable skin diseases, doing massage with one's own old urine systematically along with Shivambu fasting helps considerably in early recovery. The urine which enters the body through the pores detoxifies the possible toxins of our body and helps in early recovery. Massage should be

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done with a light hand like anointing all over the body from head to feet for minimum one hour daily. If it is done **twice a day** it would be still better.

For this purpose you have to arrange 7 clean bottles of half litre capacity putting labels of numbers 1, 2, 3, 4, 5, 6, 7. First day collect urine in bottle No. 1 which will be used for massage on the 7th day. Thus fill seven bottles in seven days. If old urine is not available, fresh urine can also be used for massage and outward application. If the urine collected in the bottles becomes, several months old it will not be spoilt, but its efficacy for external use will be enhanced. For drinking, always use fresh urine. Massage should begin with the urine collected in bottle No. 1 seven days ago. Keep that bottle in a tumbler or small bucket containing hot water so that the bottle and urine will become warm. It can also be made warm by keeping the bottle in the sun. To reduce the offensive smell of old urine, you can mix camphor powder in urine while massaging. Massage the whole body. Thereafter, the patient should sit for 15-20 minutes in the open air or sunshine, (if convenient) and then he can take bath with lukewarm water without using soap. Instead, one can use gram flour or clay. Late Shri Morarji Desai never used soap either for bathing or shaving but used only urine for the last 30 years. That was the reason why he hadn't visible wrinkles on his face and body even at the age of 99 years.

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14. SPECIAL TREATMENT FOR DISEASES OF VARIOUS ORGANS

In the case of diseases pertaining to different parts of the body viz. eye, ear, nose, throat, heart, lungs, liver, kidney, piles, prostate, thyroid, uterus of woman, etc., there is no need of taking any separate treatment or medicine because Shivambu is the guaranteed and assured panacea for all diseases of the body. For dealing with the diseases of some parts the procedure is given here below :

For prostate, fissure and piles, enema of 50 ml of old or fresh urine should be given to the patient twice a day over and above regular drinking of urine. For piles, urine packs can also be put on the piles and anus.

By putting urine drops in the nostrils and or by drinking it through the nose, instant relief can be obtained in sinusitis and other nasal problems and especially instant relief is obtained in common cold. By drinking urine through the nose your voice becomes melodious. One may become a singer by virture of the beneficial side effect of urine.

Though numerous diseases of the ear are cured by putting drops of old or fresh urine, in some rare cases, some patients had developed ear pain after the use of urine drops. So be careful about it. If you develop ear pain discontinue it.

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Bandages : You can put bandage cloth soaked in urine on wounds, burns, swelling, skin infections, rashes, insect bites, stings, etc. for instant relief.

For the diseases of the women like leucorrhoea, irregularity of menstruation, pre-menstrual tension (PMT), pre-menstrual inflammation of the ovaries or uterus, fibrosis, tumour, etc. along with drinking of urine, its douche should be given. If douche is not possible one can insert cotton wool soaked in urine in the vagina, and it can be replaced after a few hours.

Use of fresh urine : For drinking, putting drops in ears, eyes, nose, snuffing, gargling, rubbing on gums, on burns or on injury, fresh urine should be used. In the case of burns, Shivambu is so much effective that by putting cotton gauge soaked in old or fresh urine on the affected part there will be instant relief and there won't be disfigurement and depigmentation of the skin at all.

Use of stale (old) urine : For massaging, enema,bandage, poultice and steam inhalation, old urine is used. From practical experience it has been discovered that for outward use old urine is more effective than fresh urine!

Use of fresh and stale (Both) urine : Fresh or old urine can be used for ear drops, burns or injury, wounds, boils, infections, enema.

Special guidance for incurable skin diseases like Psoriasis, Eczema, Leucoderma, etc.

Often it has been noticed that different types of skin diseases and skin infections, particularly infec-

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tions on the genitals of men and women, simply go away (disappear) with external application of urine. But even obstinate, lingering and incurable diseases like psoriasis, leucoderma, pemphigus, S.L.E., herpes and skin cancer also get cured when U.T. treatment is taken systematically, particularly following strict regimentation of diet which includes giving up salt, chillies and condiments totally for 3 to 4 months and eating only raw natural food of salads, fruits, vegetables, dates, raisins (to be eaten after soaking it in water) and vegetable soups, etc. Side by side you have to drink whole day's urine, take enema of lukewarm water mixed with urine and gently massage the whole body twice a day one hour each with old urine. This procedure must be continued for 2 to 4 months. It has been discovered after prolonged experimentation that in comparison to fresh urine, old one is more effective on skin problems and for massaging. Hence, for all the skin diseases old urine is a must.

15. MULTIFARIOUS USES OF URINE

Friends, you will be astonished to know the multifarious and diverse uses to which we can put our urine.

It can be safely and beneficially used as a conditioner for hair, shaving cream, aftershave lotion, tanning lotion, antiseptic lotion for cuts and wounds, complexion improving lotion, astringent lotion for pimples and acne, eye wash for all eye troubles, nasal

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passage cleaner for sinus troubles, rheumatic and muscular pain killer, soothing and healing lotion for burns and treating piles and fistula, antidote for snake and scorpion bites, can be used as aphrodisiac in impotency, as douche for leucorrhoea and other menstrual diseases and last but not the least, an instant energizer. If you use it as a mouth wash daily, before going to bed, I can give you a life time guarantee for your teeth. No exaggeration. It not only makes the complexion fair but one can also get rid of old age wrinkles on face and body. It is nature's most effective de-aging tonic ever known to mankind. It has been recently discovered that even vaginal herpes is cured just by putting urine packs on the affected parts.

A friend of mine Dr. B. V. Khare is a well-known Urologist, and one of the most active trustees of our foundation. He is a staunch Shivambu devotee for the last 20 years and he has guided more than 3000 patients suffering from different incurable diseases over the years. He says "If a child is given Shivambu right from the birth it will turn out to be a computer baby (Genius) with extraordinary intellect, memory and health."

Suppose a patient stops passing urine or very little quantity is coming out, then in such a situation, if urine of a child or any healthy person is given to him/her for drinking, the patient will start passing urine freely within half an hour. Then he can start drinking his/her own urine.

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16. RESTRICTIONS OF DIET

There is a prime need of taking special precaution about food, in order to keep our body disease-free, because mostly diseases start due to harmful food or over-eating. In our daily meals, we take more of cooked food and less of salads, fruits, green vegetables, etc. and so our body does not receive full nutrition. During the process of cooking food, its nutritious elements get destroyed due to heat. By eating such food, fats and mucus accumulate in the body as a result of which we become victims of killer diseases like cancer, blood-pressure, heart attack and diabetes, etc. The stool accumulates in the intestines, which gets rotten there for years together, as a result of which several other diseases crop up. On the other hand, ripe fruits, green, leafy vegetables and sprouts contain ample nutritious elements, vitamins, salts, etc. to keep out body free from disease. By eating such natural food our body develops power to resist diseases and to keep our body healthy. Therefore, we should take less quantity of cooked food and more of natural food to keep us healthy. During the practice of urine therapy, if we do not keep control over our **Ahar, Vihar and Manovyapar** (आहार, विहार मनोव्यापार), we will not be able to derive maximum benefit from Shivambu.

Out of the following food items you can take whatever suits you :

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Grains : (1) Wheat porridge (2) Wheat Chapati (Roti) without sieving the flour as the husk (Chokar) normally removed by sieving contains more nutrition than the flour (3) Roti or Bhakri made of Jowar or Bajra (4) Roasted things such as groundnuts, grains, greenpeas (5) Unpolished rice, red rice or various rice preparations like Kheer, Lahi, Chivda, etc.

Sprouted Foods : By sprouting the foodgrains its nutritious elements and vitamins increase several times in quantity and quality. You will be amazed to know the tremendous nutritional qualities of sprouted Ragi (Naachni), though it is the staple food of the poor backward aboriginals (Adivasis) of Maharashtra and Gujarat. It increases the haemoglobin in the blood to a great extent and at the same time it cures diabetes. Ragi can be eaten by preparing its Chapati or Sprouted Ragi can be blended in a mixer with water and can be taken as a nutritious drink by adding little honey. Sprouted cereals after grinding a little can be mixed in Salad or in Curds to be eaten as Raita. They can also be eaten in the form of Khichdi prepared in a cooker. Moong, gram, groundnut, wheat, till, fenugreek (Methi), Ragi (Naachni) can be easily sprouted.

Green Vegetable : Gourd (Louki), zuccini (Turai), parwal, raddish, onion, beet, shalgam, garlic, and green leafy vegetables such as palak, bathua, cholai, methi, etc. amongst the green vegetables whichever is available and suits you, should preferably be taken raw in salad form without cooking.

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You can also extract fresh juice of the above vegetables and drink it. It will be very helpful in curing deadly diseases like AIDS, cancer, S.L.E., arthritis, diabetes, etc.

Ripe Fruits : Papia or papeeta, chikoo, mango, apple, mosambi, orange (sweet), grapes, etc.

Dry Fruits : Dates, almonds, black raisins (Manuka), kaju, kismish should be soaked in water overnight and eaten.

Ghee, milk of cow or goat should be taken.

Things to be avoided : Items made out of refined flour (Maida) like bread, biscuits, cakes, etc., non-vegetarian food, pickles, papads, fried things, too much spicy and salty foods must be avaoided altogether while doing U.T. for serious diseases. White sugar and vegetable ghee (Dalda) are harmful to health and body. Jaggery (Gur) can be used in place of sugar. Try to take minimum possible salt, chillies and condiments. You must abstain from bidi, cigarettes, tobacco, wine or other intoxicating drugs.

17. SPECIAL INSTRUCTIONS FOR CANCER PATIENTS

Most of the people coming to the consultation centre run by our foundation for seeking guidance of U.T. are patients suffering from cancer. That is why it is worthwile to give special information and guide-

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lines to cancer patients. Of course it is true that people take to Shivambu Therapy only when they are fed up by experimenting with all therapies. But by that time disease might have advanced. So if U.T. fails to give them complete relief, they blame Shivambu Therapy. Moreover people do not have proper knowledge about U.T. nor are there centres for obtaining relevant information. So the cancer patients can't try this treatment systematically by following proper method of fasting, massage and enema, etc. Because of this, they may do get the expected benefits.

On the other hand, though the patients in the last stage of cancer may not survive, they die a peaceful death with less pain or suffering.

I have already classified the diseases into two categories and explained the methods of treatment earlier, even then I repeat certain points so that cancer patients can treat themselves at home in the right manner.

Cancer patients should start U.T. only after stopping all the allopathic medicines and treatments like chemotherapy, radiation, antibiotics, etc. However, they may continue Ayurvedic or Homoeopathy medicines. They should follow the following instructions :

1. Considering the condition of the patients, 8 to 30 days Shivambu fast, should be observed by drinking urine and water only. After the fast also, the patient must drink the whole day's urine for a few months and do massage too.

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2. It is absolutely necessary to do gentle massage with old urine for minimum one hour in the morning and evening during the fast and continue the massage for a few months.
3. Enema should be given to the patient daily for a week by mixing urine with lukewarm water in equal proportion to cleanse the bowels and intestines. Enema of urine and water has such a tremendous and powerful effect in detoxifying the body, that it is capable of curing more than fifty per cent of total diseases easily without the use of any medicine. The root of most diseases lies in the constipation and the effective, simple, safe and most harmless remedy for it is enema. There is no substitute for enema for getting rid of the old stools that might have been stuck up to the walls of the intestines and bowels. In the beginning, enema should be taken daily after passing the first stools for 8 to 10 days continuously and thereafter it is advisable to take it once or twice a week. Those patients who don't pass the stools easily should be given enema without waiting for the first stool.

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18. CANCER, MYTHS AND REALITIES

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Two well-known doctors of Mumbai, Dr. Manu Kothari & Dr. Lopa Mehta have written a revolutionary book titled "Cancer Myths and Realities about its cause and cure". The book is published in London and has been translated into German and Dutch languages, while not a single copy of the same is available in any bookstall in India. I got the same from the authors and instantly prepared a xerox copy of the whole book. It has been translated in India into Gujarati language only. After deep study and research the authors have written in the book, "If any cancer patient takes routine allopathy treatment, his/her life is shortened and his/her death becomes painful whereas those who don't opt for the treatment survive longer and their death is painless."

They further write, "For the diagnosis of the disease it is not wise to undergo biopsy too, as because of doing biopsy cancer spreads speedily to the other parts of the body". That is why Dr. Kothari had neither done biopsy nor given any treatment to his parents suffering from cancer. They further state, "During the last fifty years though trillions of dollars have been spent on the research work or medicines of cancer, not an inch of progress has been made in the direction of successful treatment of cancer. Still, every now and then, tall claims of new research are made in the medical journals and newspapers."

From the above statements made by the authors, we can draw a simple conclusion that all are interest-

ed in running their own shops and peddling their pharmaceutical products. When the patients do not get correct information about their disease and the dangerous and painful side-effects of the medicines prescribed for the treatment of cancer, how can they expect a correct and successful treatment?

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19. MIRACLES OF URINE THERAPY

I do not want to include case histories of the patients cured by U.T. to avoid making this book bulky, but the recovery story of Srilata Swaminathan (Kidney failure patient) who happens to be the niece of well-known Kathak dancer, Mrinalini Sarabhai and the story of Mr. Himmat Somaiya (Cancer Patient) are so incredible and thrilling that I have decided to print them in their own words here.

(1) MY INCREDIBLE RECOVERY STORY - SRILATA SWAMINATHAN

I had been sick for many years. The problem was supposed to be with my kidneys. I suffered a lot from oedema (edema), as my kidneys were not able to clean my blood properly and my body was full of toxins and poisons that it could not expel. The All India Institute of Medical Science (AIIMS), New Delhi, had told me in 1982 that I would not survive another two years if I did not have a kidney transplant.

I have been working and living for the past eighteen years among the Bhil adivasis of Banswara,

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Rajasthan. This is an extremely poor and 'backward' area. It seemed ridiculous to spend thousands, even lakhs, of rupees on a transplant, or on the health of just one person like me. Very few people in our country are indispensable, and I think, I am certainly not one of them. Moreover, I have very little faith in the allopathic system, and prefer more natural and holistic methods such as ayurved, naturopathy, homoeopathy, diet control and fasting. I was taking homoeopathic medicine and continued with this. I was able to continue working, but there was a gradual deterioration in my health and abilities over the years.

Gradually, I got worse. It became more difficult to work and to move around. My weight increased. I felt lethargic, and dull and heavy in mind and body. I was subject to increased irritability and I became hypersensitive and emotional. The smallest problem assumed gigantic proportions and became impossible to deal with. I suffered from oedema, weakened eyesight, falling hair, bleeding gums, piles and anal fissure, painful joints, tiredness and being out of breath, inability to retain urine, premenstrual tension bordering on hysteria, constipation, diarrhoea, acute depression. In short, I felt that my whole body and its systems were coming to a sluggish halt. I had to force myself to go on working.

Working in this tribal area, I saw many adivasis use urine very effectively on cuts, bruises, sprains, wounds and even gangrene. Urine was given to small children for coughs, jaundice and stomach ailments.

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Much against my natural (or unnatural) instincts, I was forced to admit there was a beneficial side to urine. So, about fifteen years ago, I went to Ahmedabad and met Shri Morarji Desai and asked him to recommend some books on U.T. that I could study. I was still sceptical about the 'scientific' rationale behind Auto-Urine Therapy (AUT), but the books not only convinced me, but made fascinating reading. At that time I was suffering from, what the allopaths called, 'amoebiasis'. After reading the books, I drank the first urine I passed every morning, for a whole month, and amoebiasis never troubled me again.

But while I was convinced of the efficacy of AUT, I did not practise it consistently or seriously till I became virtually bedridden by the end of 1988. By September '88, my body was so full of toxins that I had massive oedema and my legs, ankles and feet started oozing pus from hundreds of sores. The pain was so severe that I could not or do any work. I did not get a single night's sleep from 28th September till January 5th, as each contact with the bedsheet or any cloth was painful and each movement led to shooting pains. I went to Delhi to be treated by my homoeopathic doctor whose knowledge, patience and wisdom I greatly admired. But after a month and a half of treatment, even he felt that there was nothing he could do, since I was not responding to any medication. I went to Jaipur and consulted an ayurvedic doctor, but then, the sores broke out with even greater ferocity. I returned to Ghantali (the small tribal

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village where I live, feeling that I would not live much longer and waited for the painful end. What irked me most was the feeling of being a burden to others and not being able to do any work. By now, I was in bed all the time and had stopped all medication, since nothing worked.

One day, at the end of December 88, I remembered the books an AUT and began to read them again. I went through the case histories of patients dying of terminal diseases like cancer, kidney failure, heart complaints and many others. All of them had been saved by AUT. I decided to make one last effort to survive.

From 1st January 1989, I went on a total fast, eating nothing at all and drinking all the urine I passed and some water. I fasted continuously for five days, at the end of which the pain in my legs and ankles disappeared completely and I was able to sleep properly and walk with difficulty. But the swelling and sores in my legs and feet persisted. So, on 15th January, I decided to go on an indefinite fast until I was better. Again, I took nothing but urine and water. I fasted for fifteen days continuously, by the end of which, all the oedema in my legs, ankles, face, arms, hands and body had disappeared and the sores on my legs almost healed. I could walk around quite normally, and began working on the fourth day of my fast. With each day of fasting and AUT I not only got better but stronger. Initially, my pulse was irregular and I felt slightly feverish but, gradually my pulse and

blood pressure became normal. My mind and body became increasingly active and alert.

It is now June, 89, five months since I fasted on AUT and I feel younger and more energetic. I can work longer hours and easily walk 8 to 10 kilometres without any difficulty. During the whole of May I was able to do field work even in temperatures of 45 to 47 degrees. Let me tell you the ways in which I am benefited. I can now read and write without wearing glasses. My hair has stopped falling. My teeth are no longer sensitive and painful. My gums no longer bleed. There is no more swelling and I am no longer troubled by piles and constipation. There is no premenstrual tension. I have lost weight. But my memory is better and I am less irritable (my husband will vouch for this). Mentally, I am much improved, with no depression and feel rejuvenated and positive towards life and work. Some friends even say that my hair is not as grey and has become blackish. Anyway, there is no doubt that I have been given another chance to live, a reprieve. Also, I do not have to depend on doctors, hospitals, expensive drugs and fancy-equipment. I also feel pleased that no multi-national pharmaceutical company is earning profits through me.

I still drink the first urine that I pass every morning and whenever possible, 2 or 3 times or more during the day. I fast once a week, and stay on urine and water during the entire day. People who had seen me when I was sick are astonished by my recovery. I have also started helping others cure themselves through

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AUT, especially poor tribals and dalits in this area. I know that many feel mental revulsion at the thought of drinking urine, since they have been conditioned to believe that it is unclean, dirty and a waste product. I suggest that they read the books on U.T. which would explain the rationale behind urine therapy much more effectively than I can. Jai Shivambu!

SRILATA SWAMINATHAN

SOCIAL WORK :
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(2) CANCER DOESN'T MEAN CANCELLED FROM LIFE

The amazing recovery story of Shri Himmat Somaiya from terminal liver cancer is so exciting and inspiring that I have decided to reproduce the same here in his own words for the benefit of the readers. Mr. Somaiya, after his miraculous recovery has become an active propagator and staunch supporter of U.T. (Shivambu). He has joined our Shivambu Mission wholeheartedly. He is ever-ready to help and guide the people suffering from incurable diseases.

"Friends, had I not stumbled upon U.T. eleven years ago, my family members and friends would have been mourning my 11th death anniversary!

In the year 1984, when I was 42 years old, the doctors of the Tata Memorial Hospital, Mumbai diagnosed that I was suffering from liver cancer of the last

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stage. Prior to getting admitted to the Tata Memorial Hospital, I was treated by several well-known allopaths, homeopaths and even ayurvedic physicians for several months, but my health went on deteriorating day by day as I couldn't eat anything. As a result, my body was reduced to a mere skeleton weighing 40 kg. against my original weight of 62 kg. Doctors of Tata Memorial Hospital had advised me to go for chemo-therapy and thereafter radiation therapy as a last resort. I shuddered at the very thought of those dangerous treatments as I had seen with my own eyes the miserable and painful conditions of some of my relatives and friends who had undergone those horrible treatments. I prayed to God to save me from this dangerous predicament. And, as if God heard my prayer, He sent his messenger in the form of one Mr. Nanubhai Chitalia whose incredible recovery story of terminal liver cancer had been published by numerous newspapers and magazines. He had miraculously recovered form liver cancer by U.T. and had healthily survived for more than ten years against the physicians' prognosis of a few days.

He came to meet me in the Tata Memorial Hospital to inspire and guide me to try U.T. instead of opting for harmful and dangerous treatments. I gathered courage and took voluntary discharge from the Tata Memorial Hospital against medical advice and doctors' warning that I won't survive for more than ten days if I didn't undergo the prescribed treatment.

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Being a bookseller by profession I had read a few books on U.T. but I had never thought of practising it. I made up my mind to follow U.T. as a last resort (मरता क्या नहीं करता ?) I started drinking $1\frac{1}{2}$ to 2 glasses of Shivambu in the morning and within a few days my mouth ulcers were cured and the blood that was coming out from my tongue and gums also stopped. This was not a small achievement for me. I felt great relief as I had suffered those afflictions for several months in spite of spending thousands of rupees on treatment. This gave me added confidence and inspiration to practise U.T. treatment more systematically and intensively.

I started drinking a whole day's urine–around seven glasses, and in between I drank plenty of water, herbal tea of Tulai & Pudina, carrot juice, cabbage juice, vegetables soups, fruit juices at an interval of an hour. After one month of treatment there was considerable improvement in my general health, and at the end of three months a strange incident occurred. Along with the stools I passed, few tumour like substances which I collected and sent for pathological examination. The report showed that those were the malignant tumours that might have got separated from the liver. Thereafter, there was fast improvement in my health. After six months, I went for check-up to the Tata Memorial Hospital and to the amazement of my physicians, I was declared totally normal and healthy. Today, eleven years after my recovery from the deadly disease I am enjoying very good health

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and stamina which I had 20 years ago. I have become a legendary personality amongst my friends, relatives and well-wishers.

From my own experience I confidently declare that cancer can be certainly cured by Urine Therapy if practised systematically.

I attend all Shivambu Seminars without fail and narrate my incredible story to inspire the audience to follow U.T. before it is too late. Anybody can approach me for guidance. Jai Shivambu."

Himmat Somaiya "SOMAIYAS"
Vallabh Bag Lane, Ghatkopar (East),
Mumbai–400 077.
Ph. (O) 516 5161 (R) 514 1710

I am deeply pained to write that though this simple and free therapy can prove to be a boon and blessing for our poor country, our Government has not only remained inactive but has miserably failed in its duty to popularize it for the benefit of afflicted poor teeming millions of India and that too despite the fact that the greatest follower, advocate and supporter of this time tested therapy was none other than our former Prime Minister, Late Shri Morarji Desai, who lived a healthy life of nearly 100 years to inspire us. It is a universal, historical phenomenon, that when the Governments fail, the people are compelled to act.

I do hope and pray that our Government will wake up from the slumber along with the mass awakening and rise to the occasion of taking urgent steps in the

direction of spreading the awareness of this precious but neglected therapy in the interests of the ailing humanity.

Before concluding I would like to reproduce a passage from the book named Shivambu Kalpa written by Dr. Arthur Lincoln Pauls originally from Canada but permanently settled in England. (Now he has left England and settled in France.) This is the book which inspired me to become a propagator of U.T.

"This book, however, will attempt to show why we should place the blame where the fault lies, within ourselves." To quote Shakespeare, 'the fault lies not in our stars but in ourselves, that we are underlings.' "Even if it is true that we lead 'Karmic' existence. It is no excuse for walking around with closed eyes."

"It should not surprise us that in the situation as it is, anything created with a vested interest in mind is open to all sorts of corruption, especially when it deals with the emotions and fears of man, as healing undoubtedly does."

Abraham Lincoln however had a line for it. "You can fool some of the people all of the time and all the people some of the time, but you can't fool all people all of the time."

So I rededicate this small booklet to those who are tired of being fooled, and are placed in a hopeless situation, with the hope that they will heal themselves by their own medicine.

We have been looking in vain for a miracle cure for cancer, AIDS, arthritis, heart diseases, etc. and for

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rejuvenation or Kaya Kalpa. The cure is in our own hands, nay in our body. The greatest truths are the simplest. Urine Therapy is a case in point. George Bernard Shaw has rightly said **"All great Truths begin as blasphemies"**, which fully applies to Urine Therapy.

JAI HIND, JAI SHIVAMBU!

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20. PERSONAL APPEAL

"Each one Teach one" and "Light a lamp with a lamp" Who has not heard these maxims? Don't you remember that even cow-herd boys had lent their own contribution in lifting Govardhan Mountain along with Lord Krishna? Hence in this gigantic task we have to do the same thing.

An humble request to all of you that if you have had any experience in respect of Shivambu Therapy or you know about the experience of somebody acquainted to you, or wish to convey any other relevant information/suggestion, feel free to write to me in confidence.

I am sure a brief hint from you or a small step by you will benefit entire mankind.

I thank you all on behalf of the whole of humanity.

Dr. G. K. Thakkar

21. SHIVAMBU INDOOR HOSPITALS IN INDIA

1. **Gotri Nisargopchar Kendra,** Vinoba Ashram, Gotri Road, Baroda 390021 Phone–338245/313463.
2. **Shivambu Nature Cure Home,**
   Dr. Raj Upadhyay, Jahangir Pura, Rander Road, Opp. GIN, SURAT–5 (Guj) Phone : 685 398.
3. **Shivambu Yoga Nature Cure Center,**
   Dr. Sarang Patil, Shivambu Bhavan, Vashi Naka Road, KOLHAPUR 416012 Phone : 621766/621565.

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WATER OF LIFE FOUNDATION (INDIA),
Mumbai.

Dear Sir,

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Full Name, Address & Phone No.

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Health complaints if any :

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Have you tried U.T. ?..... .....

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Benefits & effects of U.T.

I herewith pay Rs. ..... towards

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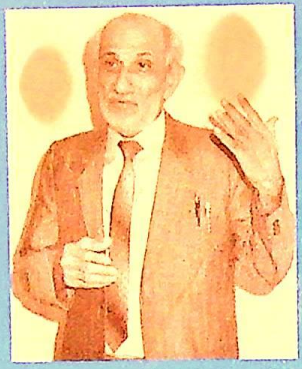

Dr. G. K. Thakkar is an advocate who worked as a Tax Consultant but gave up his practice to propagate the cause of Urine (Shivambu) therapy. He has found purpose of his life in Shri Guru Sadhana to which he has dedicated the rest of his life. He is the founder of Water of Life Foundation (India) and its Chairman. He has travelled widely in India and abroad for the propagation of Urine Therapy. He was instrumental in successfully convening the First World Conference of Urine Therapy. Through his lectures, talks, interviews on the radio and TV, articles in newspapers and magazines and books he has made Urine Therapy popular all over the world. Recognising his services and research in the field of Urine Therapy, Open International University for Complementary Medicines, Sri Lanka has honoured him by awarding him a doctorate. He has earned international name and fame as a Urine Therapist and as the Propagator of Shivambu.

Shivambu crusade carried on by Dr Thakkar with dedication, favour and selflessness has unique attraction for the people who now have a hope that with the help of Urine Therapy in the near future, people will be able to free themselves from most of the diseases afflicting them and will be able to enjoy a healthy and happy life.